

2013 PENTAGON ATHLETIC CENTER

SPORTS AND RECREATION

EVENTS CALENDAR

PROGRAM	DATE	Category	PROGRAM	DATE	Category
JANUARY			JUNE		
Body Fat Testing	30 Jan	Walk-in	Fat Attack Challenge	1-30 Jun	Sign-up
PAC Squash Series #1	21-25 Jan	Sign-up	Powerlifting Series #3	26 Jun	Sign-up
FEBRUARY			PAC Squash Series #3	24-28 Jun	Sign-up
Aerobathon	20 Feb	Sign-up	JULY		
Dodgeball Tournament	13 Feb	Sign-up	PAC Fit Challenge	16 Jul	Sign-up
Handball Tournament	25-28 Feb	Team	Body Fat Testing	31 Jul	Walk-in
Powerlifting Series #1	27 Feb	Sign-up	Tour de PAC	1-31 Jul	Sign-up
Wally Ball Tournament	25-28 Feb	Sign-up	AUGUST		
MARCH			Dodgeball Tournament	7 Aug	Team
Badminton Tournament	18-21 Mar	Sign-up	Badminton Tournament	12-16 Aug	Sign-up
Body Fat Testing	27 Mar	Walk-in	Race Across America	1-31 Aug	Sign-up
St. Patrick's Day "5K Fun Run"	15 Mar	Sign-up	SEPTEMBER		
PAC Squash Series #2	25-29 Mar	Sign-up	Basketball Fall League Reg.	1-30 Sep	Sign-up
APRIL			Body Fat Testing	25 Sep	Walk-in
PAC Fit Challenge	16 Apr	Sign-up	OCTOBER		
Powerlifting Series #2	29 Apr	Sign-up	PAC Squash Series #4	22-26 Oct	Sign-up
Weight Loss Challenge	1-30 Apr	Sign-up	Wally Ball Tournament	15-19 Oct	Sign-up
MAY			NOVEMBER		
Dodgeball Tournament	8 May	Sign-up	PAC Fit Challenge	1-30 Nov	Sign-up
Health & Fitness Day	TBA	Sign-up	Body Fat Testing	20 Nov	Walk-in
*All information was correct at time of publication. Events, dates, and locations are subject to change.			Turkey Trot "5K"	27 Nov	Sign-up
			DECEMBER		
			Reindeer Rally	1-31 Dec	Sign-up

POINTS OF CONTACT

PENTAGON ATHLETIC CENTER	ANNEXES
OLIVER SCHMIDT Sports & Fitness Coordinator Phone: 703-614-7188	MARK CENTER ANNEX Phone: 571-372-5685
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PAC MEMBERS ONLY

